Udon Recipe 70 servings

Updated November 2026

4 bunches of green onions
5-6 red kamaboko
2 dozen eggs
3 bottles (1liter) Kikkoman Hon Tsuyu soup/sauce base (see recipe below for gluten-free, vegan dashi)
8 packages (1.76#) J-Basket brand udon noodle (1 pkg. Makes 9 bowls)
1 bottle togarashi

Instructions:

- Finely chop green onions
- Slice kamaboko into thin slices then cut into matchsticks so red is at the top of each piece
- Make shredded eggs (see recipe below)
- Dilute 3 (1 liter) bottles of Hon Tsuyu with 18000ml of **cold water (6:1 dilution)** using the large measuring container in SE corner of loft in a bag marked “For Ginza and Otoki, udon dashi” (taste with noodles and add more water as needed), heat in a large pot
- Make vegan, gluten free dashi for 8-10 servings (if there is a bottle of vegan tsuyu at temple then only make 3-4 gluten free servings)
- Follow udon cooking instructions and procedures for wok preparation **(see the video tutorial - link in the Wok instructions below)**, prepare appropriate number of gluten-free rice noodles (found in SE corner of loft)

Gluten-free, vegan udon dashi recipe 8-10 servings (if there is vegan tsuyu base at temple you will only need to make 3-4 servings of the gluten-free dashi)

Ingredients:

- 8 cups water
- 6”x6” sheet of kombu
- 8 T. gluten free shoyu (to taste)
- 3 t. of sugar
- 2 T. mirin (optional)

1. Place the kombu into 8 cups of cold water to soak for 3-5 hours or place in the refrigerator and soak overnight.
2. Next day bring the kombu slowly to a boil (over med. heat) then simmer for 5 minutes, discard the kombu or let it sit in water with heat turned off until cooled then discard
3. Add gluten free shoyu, sugar and mirin to taste and simmer for a few minutes.

Gluten free rice noodles are in the SE corner of kitchen loft. Noodles may need a few extra minutes of cooking than what is indicated on the package.

Udon Assembly:

- After service starts take a headcount of total attendees.
- Fill each udon bowl ⅔-¾ full with noodles (may have to wet the noodles with cold water if sticky).
- Top noodles with kamaboko, egg and green onion
- Any remaining toppings can be set on the serving tables in shallow bowls for self serve.
- Leave 10 bowls with plain noodles and make 4 bowls of rice noodles
- Place all bowls onto serving table, when service ends fill bowls with dashi using 2-3 large teapots

Shredded Eggs Recipe (Kinshi Tamago)

- 2 dozen large eggs
- 2/3 cup sugar (found in lower cabinet across from woks, behind the tea bags)
- 1 ½ tsp. salt (in top cabinet above the small sink next to the refrigerator)
- 2 ½ tbs. cornstarch mixed with 1/4 cup cold water (in top cabinet above the small sink next to the refrigerator)

Beat all ingredients together using the immersion blender found in the lower cabinet labeled ‘coffee pot’. Spray small square frying pan with oil (original PAM in cabinet above small sink). Using a ladle, pour mixture just to cover bottom of electric frying pan set to 200 degrees, cover. Remove egg when top is dry and cut into thin strips (roll the egg like a maki sushi and slice thinly).

Hard boiled eggs

Instead of the Kinshi tamago you can make hard boiled eggs and slice them very thinly and place 2 slices into each bowl, each egg should have enough slices for 4 bowls of udon; or you can quarter each egg and place one quarter in each bowl.

How to cook Udon Noodles:
Currently using **J-Basket brand noodle,** each package is 1.76# and 3-4 packages can be added to each wok at one time.

One package 1.76# serves 9 people. To make 72 servings use 8 packages. Can distribute the 8 packages between 2 woks.

Can also use the **small square aluminum disposable pan** and fill it with noodles to ¼" from the top, this will fit into one wok (with room to spare)

- Bring the water in the wok to a boil (see wok procedures).
- Take handfuls of noodles and scatter into the boiling water (this helps prevent them from sticking together).
- Using a large wooden paddle (located in the rack on the wall near the rice cookers) stir the noodles to prevent them from sticking.
- **Cook 8-10 minutes from time noodles are placed in the wok.**
- Using a large wok strainer (also in rack on wall) remove the noodles and place into a large green or blue strainer set over a large metal bowl with handles.
- Place noodles under cold running water and turn noodles by hand until cool all the way through. Let drain.

Wok Procedures:

For How-To video, scan the QR code or use this link:
https://mbtchicago.org/mbt-toban/#how-to-videos

Heating woks: please watch video

- Turn on the overhead exhaust hood and light (switch on the right side of the wok hood)
- Turn on platform cooling water (knob found on front panel of woks)
- Open the gas line lever (located underneath the wok unit) turn it parallel to the gas line, it may already be open)
- Check to make sure the large drip pan is on the floor beneath the woks to catch any excess water leakage.
- Ignite each wok separately by removing the wok, holding a lit lighter (located in the lower right cabinet across from the stove) near the center ring, then turn the center gas lever on low. **Use caution lighting the center wok** so it doesn't flare up.
- Immediately fill the wok half way with water from the overhead spigot.
- As the water heats up, skim any oils that float to the top with a wok ladle found in the wall rack or a small pot. Can discard this into the drain trough in the back of the platform surface.

Shutting down woks:

- Turn off the gas to each wok and empty water using a small pot, after the wok has cooled, walk the wok to the back of the unit and tilt and drain the remaining water into the back drain trough.
- Add a few inches of clean water and with a tawashi scrubber (located in SW corner cabinet) scrub down the wok, rinse and drain.
- Dry with a paper towel and **very lightly** spray with cooking spray and remove excess oil with a paper towel
- Turn off the platform water and wipe the platform down.
- Empty the clean out trap located in the front of the wok unit
- Shut off the gas line (make sure lever is perpendicular to the pipe)
- Turn off the exhaust fan and light.

Udon Sunday morning prep list:

- Prep woks, boil noodles, rinse and drain
- Make kinshi tamago (shredded eggs), cut green onions and kamaboko
- Start heating tea water for tea in large pot (if main gas line is off the lever is on the left side of the stove, must use a lighter for each burner)
- Prep 1 tea pot for each table with 2 tea bags in each (tea bags and pots in cabinets across from woks)
- Dilute udon dashi concentrate into medium pot to heat
- Place vegan dashi into small pot/container for heating on stove or microwaving (if made at home)
- Boil 3-4 servings of gluten free noodles
- Take out 3 large tea pots for dashi
- Make coffee, (instructions and coffee in upper NW cabinet) and put large Brita water container out on drink table
- Place hot cups and coffee service items on drink table
- Place a short stack of hot cups onto each table
- Place napkins, ohashi, forks, togarashi onto serving table

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